

# Healthier Federal Workers 2012

Engaging  
Employees,  
Empowering  
Change,  
Evaluating  
Success

SEPTEMBER 18-21, 2012 | WASHINGTON, DC  
Georgetown University Hotel and Conference Center

Protecting and promoting the health, safety and well-being of the Federal workforce

# SPONSORED BY

National Institute for Occupational Safety and Health (NIOSH); Department of Veterans Affairs (VA); US Office of Personnel Management (OPM); Centers for Disease Control and Prevention (CDC); Federal Occupational Health (FOH); President's Council on Fitness, Sports and Nutrition; US Department of Health and Human Services (HHS); Department of the Army; Eagleson Institute.



EAGLESON INSTITUTE



## WHO SHOULD ATTEND?

- HFW2012 is open to all Federal and non-Federal employees, and all state, local and private sector partners and employers
- Workplace health and wellness professionals
- Occupational health nurses, physicians and ancillary staff
- Human resources, work/life professionals, benefits and EAP staff
- Safety managers, officers and other health/safety staff
- Fitness professionals, dietitians, health coaches and educators

## WHAT YOU CAN EXPECT

- Specific strategies for meeting the diverse health needs of special populations
- Ways to link workplace wellness to the family and community
- Approaches for providing healthier food alternatives
- Evidence-based prevention science from the nation's health experts AND successful strategies for promoting wellness described by your colleagues from around the country
- Methods for using social media to promote workplace health, safety and wellness

## NEW THIS YEAR! MORE OPPORTUNITIES FOR:

- Small-group discussion sessions that focus on the issues important to you
- Learning from peers who have created successful wellness programs
- Networking with colleagues from around the country
- Experiencing fitness activities you can replicate in your workplace

## AND AGAIN THIS YEAR

- Fitness breaks after each session, to keep energized
- Group walks and fitness activities
- Wonderful, healthy food

HERE'S WHAT SOME  
OF LAST YEAR'S  
PARTICIPANTS SAID  
ABOUT HEALTHIER  
FEDERAL WORKERS

"Thank you for letting us take part in such an exciting and ground breaking way..."

"Please let's do this again next year!"

"Wonderful conference with great information."

"Excellent conference, great engagement."

"Loved walking, yoga & stretch breaks. The caliber of presenters was great! Loved the healthy food."



## REGISTRATION

### Pre-conference courses:

"Essential Coaching Skills for Workplace Health and Wellbeing" **\$295**. Price includes a self-directed online-accessed prework module, plus two full days of training, participant manual, *Employee Health Promotion Disease Prevention Guidebook*, and a Certificate in Workplace Health and Wellbeing.

Other pre-conference courses: **\$95** for half-day; **\$190** for full day

### Conference (Two Full Days):

Registration costs are **\$625 before August 10, 2012**, and **\$665 after August 10**.

Registration includes continental breakfast, lunch, and all conference activities. This year, the conference registration includes a parking voucher for attendees who wish to drive.

### How to Register:

To register online, go to [www.eagleson.org/HEALTHYFEDS](http://www.eagleson.org/HEALTHYFEDS), or call 207-490-1076 to register by phone or request a registration form.

## HOTEL INFORMATION

Georgetown University Hotel & Conference Center is located at 3800 Reservoir Rd. NW, Washington, DC, among the stately buildings of Georgetown University's campus. The hotel is accessible via Metro bus or frequent free Georgetown University shuttles from Rosslyn or DuPont Circle Metro station. See [www.eagleson.org/HEALTHYFEDS](http://www.eagleson.org/HEALTHYFEDS) and click the "Transportation" button for details and driving directions.

A block of rooms has been reserved at the special conference rate of **\$189**, which is below the government rate for the area. To reserve a room call (202) 687-3200, or visit [www.eagleson.org/HEALTHYFEDS](http://www.eagleson.org/HEALTHYFEDS) to register online. You must mention the "Healthier Federal Workers Conference" and make reservations by August 18, 2012 to receive the event pricing.



### PRECONFERENCE CERTIFICATE COURSE IN COACHING SKILLS

This program, based on a highly-successful VA Employee Health Promotion/Disease Prevention certification curriculum, is designed to teach the skills required to provide health and wellbeing intervention and coaching services to employees. The course consists of a self-paced module (prerequisite for the classroom sessions) and two full days of training in motivational interviewing, smoking cessation, weight management, and stress management.

*For a full description, see page 4 of this brochure.*

### ATTENDEE-NOMINATED BREAKOUT SESSIONS

This year, Healthier Federal Workers is adding a new feature: attendee-nominated breakout sessions. The participant-driven format of the "Workplace Well-Being" session will allow those attending the symposium to help plan and carry out activities that match their needs in ways preplanned sessions may not.

#### You'll be able to:

1. Nominate, then select a health and wellness topic that you want to discuss ...
2. Meet with others who share your interests or concerns; give and receive information from your peers in an hour-long structured session, facilitated by wellness experts ... and
3. Return home with the specific information that meets your organization's needs!

### RESOURCE ROOM

The Resource Room will provide a space for government agencies/entities who have a representative in attendance at the conference to share medical information, health promotion, disease awareness or related literature or pamphlets with conference attendees.

*To participate, email [mhersom@eagleson.org](mailto:mhersom@eagleson.org)*

### MYPLATE TRAINING

A special feature of the Resource Room will be several "BYOL" (Bring Your Own Laptop) sessions with USDA staff, who will guide participants through the main features of the MyPlate website. In addition, there will be a "scavenger hunt" contest to help those interested in learning more about the site.



Continuing Education Credits for this activity are pending. See final announcement (or website) for details.

*The Centers for Disease Control and Prevention is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.*

# PRECONFERENCE COURSES

**PC#1: Essential Coaching Skills for Workplace Health and Wellbeing**  
**TWO DAYS: TUESDAY & WEDNESDAY / September 18-19, 2012**  
**8:30 AM – 5:00 PM (each day)**

**Instructors:** *Susan Myre, RN, MS, LCDC III, CTTS*, Department of Veterans Affairs (VA); *Brenda Burdette, RD, VA*; *Beverly Soukup, MA, ARNP, RYT, VA*; *Carl Isenhardt, PsyD, ABPP, VA*

Based on a highly-successful VA Employee Health Promotion/Disease Prevention curriculum and taught by instructors from VA, this course will give participants the knowledge, skills and resources they can use to develop and implement health interventions and coaching programs in their organizations. Topics include smoking, weight management, stress management and motivational interviewing.

Designed for health and safety professionals who work in employee health & wellbeing programs. The course consists of:

- A prerequisite pre-meeting self-paced module that offers an introduction to employee health promotion and coaching for wellness.
- Two full days of highly interactive onsite classroom training that provide the basics of motivational interviewing strategies and how to set up tobacco cessation, weight management and stress management programs in the work place.

Participants will receive a certificate of completion at the end of this training.

**PC#2: Design, Launch and Nurture an Award-Winning Worksite Wellness Program**  
**HALF-DAY: WEDNESDAY / September 19, 2012**  
**8:30 AM – 12:00 PM**

**Instructors:** *Lucy M. Polk, WLCP*, WorkLife Specialist, US Office of Personnel Management (OPM), *Garry M. Lindsay, MPH, MCHES*, Director of Health Education and Promotion, Federal Occupational Health Service (FOH) *Sandra K. Schmunk, MT-ASCP, MA, MS*, Program Manager, Employee Health Promotion Disease and Impairment Prevention Program, Veterans Health Administration (VA)

This workshop is designed for new and early-career worksite health promotion professionals, generally with fewer than two years experience.

Explore the essential elements of a strong workplace wellness and health promotion program. Find the easiest paths to strong leadership support and proven ways to build a culture of health, safety and wellbeing in your workplace. Capture the basic steps to employee engagement and retention in your health programming. Identify best practice interventions related to healthy nutrition, physical activity, tobacco cessation, stress management and work-life balance. Discover strategies for communicating your message and maintaining momentum. Explore simple ways to evaluate your success and share your wins with others. Group activities, hands-on experiences and take-aways galore!

**PC #3: Maintain Your Brain: A Practical Cognitive Fitness Program for Agency Employees**  
**HALF-DAY: WEDNESDAY / September 19, 2012**  
**1:00 PM - 5:00 PM**

**Instructor:** *Michael Parrish, MSW, MA, MDiv*, Human Resource Specialist/EAP Counselor, Social Security Administration

This course applies the latest brain health research to the workplace. Twenty-first century life bombards us with so many communications, tasks, sights and sounds that our Paleolithic brains can sometimes have difficulty keeping up, particularly if aging, health issues, or emotional stress interfere. Learn how you can help enable a more productive workplace by teaching employees ways to minimize the effects of aging, stress, or physical health on their brain function.

Topics include:

- Five elements of cognitive functioning
- How brain physiology relates to cognitive functioning
- Evidence based rationale for having a work based cognitive fitness program
- Differences between gradual age related cognitive decline and pathological brain deterioration
- Five lifestyle changes that will enhance cognitive functioning with motivation for changing behavior
- Benefits of cognitive fitness on physical health, and its worklife implications



# CONFERENCE AGENDA

THURSDAY / September 20, 2012

**7:45** Registration | **Continental breakfast**

**8:30** Welcome

**L. Casey Chosewood, MD**, Senior Medical Officer for Total Worker Health, Centers for Disease Control and Prevention, National Institutes for Occupational Safety and Health (CDC/NIOSH)

**Ebi Awosika, MD, MPH**, Director VHA Employee Health Promotion Disease and Impairment Prevention

**8:45** **KEYNOTE ONE**

Speaker TBA: Now Confirming a Prestigious Federal Official

**9:35** **KEYNOTE TWO**

**Greetings and Updates from OPM**

**Christine Hunter, MD**, Chief Medical Officer, US Office of Personnel Management

Hear the latest from OPM's Chief Medical Officer. Find out the latest developments in federal employee HR practices, benefits, health and wellness policies, incentives and more.

**10:15** Morning Wellbeing Break

**10:45** **Optimizing Opportunities: Meeting the Diverse Health Needs of Special Populations**

**Sherry Baron, MD, MPH**, Health Disparities Coordinator, NIOSH / CDC

**Sunil K. Sen-Gupta, PhD, MPH**, Scientific Program Manager, Office of Research and Development, VA

The session will begin with a 45 minute overview of the health needs of special populations within the workplace such as older workers, low income workers, minority workers, employees with disabilities, and veterans and reservists, among others.

After the presentation, attendees will engage in table top discussions of the topic. Each table will discuss a different "special population," identifying and recording the challenges, issues to consider, needs, solutions and possible interventions. Results from each group will be shared with attendees via email after the conference.

**11:55** Introduction to Friday's Participant Nominated "Hot Topics", **Mary Ann Sondrini, EdM**, Executive Director, Eagleson Institute

**12:10** Lunch | Exhibits Open | Fitness Activities Available

**1:15** Food for Thought

Moderator: **Joel Kimmons, PhD**, Centers for Disease Control and Prevention

- **Part One: Taste Life: Eating for Health, Happiness and Greater Longevity**

**Marisa Moore, MBA, RD, LD**, Former Lead Dietician, Lifestyle Program, CDC and National Spokesperson, ADA

Good today, bad tomorrow, navigating the nutrition superhighway can be more like a roller coaster ride. Registered dietitian, Marisa Moore, will discuss sound nutrition strategies and the power of food to influence your health, happiness and quality of life. She will also offer suggestions on implementing a few best practices at home and the workplace.

- **Part Two: Healthy Cooking**

**Michael Snead**, Executive Chef, Georgetown Hotel and Conference Center

Chef Snead will share easy ways your food service (or you, yourself) can traditionally turn unhealthy foods into delicious, healthy meals. Those who attended last year's conference know how well he succeeds at this, and newcomers to the conference will be quickly convinced that it's possible to have healthy, delicious, and satisfying meals and snacks.

- **Part Three: Implementing the New GSA Foodservice Guidelines: CDC's Experiences to Date**

**Marjorie Coy, MPH, CHES**, Public Health Analyst, Office of the Chief Operating Officer, Centers for Disease Control and Prevention

**2:45** Afternoon Wellbeing Break

**3:15** **Proven and Promising Practices from Throughout the Federal Spectrum**

Moderator: **Gene Migliaccio, DrPH**, Director, Federal Occupational Health, DHHS

Almost two hours of success stories from a variety of agencies will provide plenty of ideas that attendees can implement when they return to their workplaces

- **Defense Information Systems Agency: The Culture of Wellness**

**Nellie N. Washington, MSHCA, MPH**, Wellness Program Manager, Defense Information Systems Agency (DISA)

- **Pentagon Fit to Win Program: 25 Years of Wellness**

**Kim Markee, MS, RD, LD**, Registered Dietitian, Pentagon Fit To Win/Wellness

- **VA's Success with Increasing Movement at Work**

**Ebi Awosika, MD, MPH**, Director VHA Employee Health Promotion Disease and Impairment Prevention

- **Maintain Your Brain: A Practical Cognitive Fitness Program for SSA Employees**

**Michael Parrish, MSW, MA, MDiv**, Human Resource Specialist/EAP Counselor, Social Security Administration

- **Smithsonian Institution's Award Winning Integrated Safety, Health, and Environmental Program**

**Jules R. Duval, MD**, Associate Director, Occupational Health Services, Smithsonian Institution

- **Fedstrive: Results From an Integrated Health and Wellness Program at HHS**

**CAPT Mark Delowery, DO, MPH**, Medical Director, Federal Occupational Health

- **Workforce Wellbeing, It's Mission Critical: Air Force Materiel Command's Civilian Health and Wellness Program**

**Judith A. Holl, BSN, MPH, COHN**, Team Lead, Occupational Health and Wellness, USAF

**Greg Chadwick, MA**, Health and Wellness Coordinator, USAF

## LEGEND

RED

Keynote Address

ORANGE

Healthy Eating

GREEN

Networking Opportunity

BLUE

Fitness Activity



**5:00** Conclusion of Day 1

**5:15** Evening Reception | Networking Event

FRIDAY / September 21, 2012

**6:45** Early-Morning Fitness Activities

- Daybreak Yoga
- "Let's Move" Activity
- Exercise Sampler: 5 Minute Stretch, Step, and Kick Exercises Anyone Can Do

**7:30** Registration | Continental Breakfast | Agency Networking Opportunity

**8:30** Welcome and Recap of Day 1

*L. Casey Chosewood, MD, Senior Medical Officer, Total Worker Health, CDC/NIOSH*

**8:35** KEYNOTE THREE

**Stronger Bonds: Linking Health at Work to Healthier Homes and Communities**

*Toni Yancey, MD, MPH, UCLA, Creator of "Instant Recess"*

We all know that we should eat better and exercise more. Explore the underlying factors and unintended consequences that subconsciously and subversively add to the obesity problem. Make the healthy option the easy option...it's just that simple. Reclaim your fitness & wellness by integrating activity into work, school and faith. Once you learn to make what's good for you more readily available, more affordable, and more socially acceptable, you'll be on the road to a healthier lifestyle.

**9:15** 5-minute fitness break

**9:20** Moving Beyond ROI: Using Effective Methods to Show Your Program's Health Value

*Ron Z. Goetzel, PhD, Research Professor, Director, Institute for Health and Productivity Studies at Emory University, and Vice President, Consulting and Applied Research, Thomson Reuters*

How can you prove worksite health and productivity management programs work? Or that they improve workers' health and safety, and save money? This session will review the latest scientific evidence that shows how worksite health, safety and productivity management programs can reduce employees' health risks and produce a positive return-on-investment (ROI). It also examines challenges in designing, implementing and evaluating effective programs. Results from several large research studies at Fortune 100 companies and best and promising practices identified by federal agencies and employer benchmarking studies will be highlighted. Implications for health care reform will also be explored.

**10:20** Morning Wellbeing Break

**10:55** Connecting for Action: Using Social Media to Deliver, Motivate and Move Our Agenda

*Max Lum, EdD, MPA, Senior Consultant, e-Communication and Research Translation, Office of the Director, NIOSH*

Every second we delay in engaging our target audiences through the use of social media is a wasted opportunity. This session will examine:

- Are our enterprises agile enough and motivated to engage the changes in information management and dissemination?
- Where do we start?
- What venues should we be using?
- How do we measure the success of the social media tools we utilize?
- Can we protect the science and still expand the conversation?

**12:00** Lunch | Fitness Activities

**1:30** Workplace Well-being: Urgent, Late-Breaking and Hot Topics

Interactive, participant-driven breakout sessions in response to topics nominated and voted on by all attendees, guided by health and wellness experts.

**3:00** Afternoon Wellbeing Break

**3:30** KEYNOTE FOUR

**A Conversation with Dee Edington**

*Dee Edington, PhD, Professor, University of Michigan; Principal, Edington Associates*

Moderators: *Ebi Awosika, MD, MPH, Director VHA Employee Health Promotion Disease and Impairment Prevention;*

*L. Casey Chosewood, MD, Senior Medical Officer for Total Worker Health, CDC/NIOSH*

Spend an hour enjoying a casual but highly provocative and inspiring discussion with perhaps the most iconic figure in modern day health promotion. Wellness pioneer Dr. Dee Edington will share his thoughts on the past, current and future directions for workplace health and wellbeing and answer audience questions. Not to be missed!

**4:30** Meeting Conclusion

For more information or to register, visit  
[www.eagleson.org/HEALTHYFEDS](http://www.eagleson.org/HEALTHYFEDS)

